

# Monthly Walking Log

Month \_\_\_\_\_

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>
Total	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>
Week 2	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>
Total	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>
Week 3	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>
Total	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>
Week 4	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>
Total	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>
Week 5	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>	<div>Time</div>
Total	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>	<div>Distance</div>

## Sample Walking Program

Level	Time	Days	Goals
1	15 Minutes	5 Days	Walk 0.5 mile in 15 minutes
2	25 Minutes	5 Days	Walk 1 mile in 25 minutes
3	33 Minutes	5 Days	Walk 1.5 miles in 33 minutes
4	40 Minutes	5 Days	Walk 2 miles in 40 minutes
5	45 Minutes	5 Days	Walk 2.5 miles in 45 minutes
6	45 Minutes	5 Days	Walk 3 miles in 45 minutes

*Always talk to your doctor before starting any exercise program.*

When you consistently reach the goal for a level, you are ready to move to the next level.



# Walk

Take the first step toward health . . .



## Walking Tips

- Always warm up. Walk slowly for 3-5 minutes before exercise.
- Choose comfortable shoes with flexible soles and good arch and heel support.
- Walk on sidewalks where available; if walking on the street, face traffic and cross intersections carefully.
- Always cool down. Walk slowly for 3-5 minutes after exercise.
- Follow the cool down with 10 minutes of stretching.
- **HAVE FUN!**

**Chest**  
Lift chest.

**Arms**  
Keep arms bent at 90° angles.

**Stomach**  
Keep abdominals gently pulled in.

**Knees**  
Keep knees soft.

**Front Foot**  
Plant front foot heel first.

**Head**  
Keep head up with eyes looking forward.

**Back**  
Keep back straight with a tall posture.

**Buttocks**  
Keep buttocks tucked under.

**Back Foot**  
Then roll back foot along the ground and push off with your toes.

